

health & wellness

Spring 2017

We offer a variety of programs, classes and services for all ages and abilities. Health and wellness at the J means working out with friends in a comfortable and supportive environment! We have everything you need, plus the relationships that you are looking for to expand your limits, increase your strength and support a positive quality of life.

For more information contact Joseph Brooks at 952.381.3418 or jbrooks@sabesjcc.org

sabesjcc.org

SPECIALTY CLASSES

Our specialty classes are taught by certified personal trainers who have advanced training in their area of expertise. Available in four or eight-week sessions, these programs and classes are offered with a fee and are designed to expand your limits, increase your strength and improve your overall health!

INTEGRATED TRAINING

Age 18+

This integrated workout challenges your body using a variety of different fitness tools such as kettlebells, TRX, free weights and body weight exercises. Designed to build strength and stability, tone and strengthen your body and core, and improve cardiovascular fitness, this workout is designed to improve overall fitness through an integrated approach to training.

Trainer: Kevin Heck

Session 3

#13661	\$130; \$100 JCC Members
Sun	March 5-March 26
9:00-10:00am	4 classes

Session 4

#13832	\$130; \$100 JCC Members
Sun	April 2-April 23
9:00-10:00am	4 classes

Session 5

#13833	\$130; \$100 JCC Members
Sun	April 30-May 21
9:00-10:00am	4 classes

TRX TRAINING

The TRX Suspension Trainer is the original bodyweight-based training tool that builds strength, balance, flexibility, and power while engaging the core; a unique 30 minute, multi-plane workout that modifies the resistant-based on your ability.

Trainer: Kevin Heck

Session 3

#13660	\$62; \$48 JCC Members
Thu	March 2-March 23
7:30-8:30pm	4 classes

Session 4

#13834	\$62; \$48 JCC Members
Thu	March 30-April 20
7:30-8:30pm	4 classes

Session 5

#13835	\$62; \$48 JCC Members
Thu	April 27-May 18
7:30-8:30pm	4 classes



30 MINUTE CARDIO EXPRESS

A 30 minute, efficient Express Cardio Class that will explore a variety of different training techniques from interval, fat burning, anaerobic and recovery training workouts

Trainer: Jen Wetteland

Session 3

#13652	\$104; \$80 JCC Members
Mon & Wed	March 6-March 29
5:15-5:45pm	8 classes

Session 4

#13836	\$52; \$40 JCC Members
Mon & Wed	April 3-April 19
5:15-5:45pm	4 classes

Session 5

#13837	\$104; \$80 JCC Members
Mon & Wed	May 8-June 7
<i>(no class week of May 29)</i>	
5:15-5:45pm	8 classes

30 MINUTE CIRCUIT TRAINING EXPRESS

Maximize your workout time while you develop strength through a variety of resistance based training exercises in a circuit style workout. **Trainer: Jen Wetteland**

Session 3

#13655	\$104; \$80 JCC Members
Mon & Wed	March 6-March 29
5:45-6:15pm	8 classes

Session 4

#13838	\$52; \$40 JCC Members
Mon & Wed	April 3-April 19
5:45-6:15pm	4 classes

Session 5

#13839	\$104; \$80 JCC Members
Mon & Wed	May 8-June 7
<i>(no class week of May 29)</i>	
5:45-6:15pm	8 classes



sabes jcc
minneapolis

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HEARTWORKS

Monday, Wednesday, Friday: 8:40 AM
Monthly fee: \$60 (members)

A stage four post-rehab strengthening and flexibility class designed to support your lifelong practices and habits for a healthier life. This one hour class includes a 45-min workout and a 15-min blood pressure check.



For more information please contact
Jen Wetteland at
jwetteland@sabesjcc.org.

TRAINING

Our nationally certified personal trainers offer fitness assessments, health education, goal setting, monitoring of your progress and flexible scheduling.

PERSONAL TRAINING

A personal training program designed specifically for you! Whether you want to run a mile or a marathon, exercise with your headphones or with your friends, lose weight or gain strength, our personal trainers will help you every step of the way.

PARTNER TRAINING

A great way to improve your fitness in a social environment with a variety of activities like Circuit Training and Boot Camp; a competition free, enjoyable way to exercise and achieve personal results with a friend.

GROUP TRAINING: THE NEXT LEVEL

Experience full body conditioning and a big calorie burn through exercises that keep the heart rate up, rev up your metabolism and build lean muscle.

FAMILY TRAINING

Fun fitness activities designed to experience the joy of being active together while also getting a complete well rounded workout! This 45-minute workout promotes continuous movement, allowing each person to exercise at their own pace. Individual families only.

RECREATION & FUN!

We offer a variety of sports play for men and women. Whether you're looking for a competitive workout or more casual play, we've got you covered.

PICKLEBALL

Ages 50+ A combination of Ping-Pong, tennis and badminton, Pickleball is for people of all ages and athletic abilities. Come when you can; no advanced registration, equipment is provided and volunteers will teach you the rules and how to play!

Tues & Thurs 10 AM - NOON
Thursday Nights 5:30 - 7:30 PM
\$2 (members are free)

SPRING MEN'S BASKETBALL LEAGUE APRIL 5 - JUNE 14

Ages 18+ Ten weeks— seven weeks of game play and three weeks of playoffs. Registration is available online or by emailing League Coordinator Lauri Ludeman at lludeman@sabesjcc.org

SPRING WOMEN'S BASKETBALL LEAGUE APRIL 4 - JUNE 13

Ages 18+ Ten weeks including playoffs. Provide your own team. Max size: 10 players per team. Registration is available online or by emailing League Coordinator Lauri Ludeman at lludeman@sabesjcc.org



PICK UP BASKETBALL

Drop in for a fun and competitive workout and become part of the action!

Tuesdays & Fridays 11:30 - 1 PM
Sundays 9 - 12:00 PM